

Rural Realities Podcast Season 2, Episode 8

“Tips for Difficult Conversations” with Randy Roecker, Dairy Farmer & Mental Health Advocate

Difficult conversations can be stressful, especially for farmers working with their families. Dairy Farmer and Mental Health Advocate Randy Roecker discusses how he approaches communications on his generational dairy farm with the Farm Center’s Karen Endres. They touch on using positivity and gratitude, and having a community of people you can talk to when feeling stressed.

Experiencing a challenge on the farm? Contact the Wisconsin Farm Center! With more than a hundred years of collective agriculture experience, the Wisconsin Farm Center team offers free and confidential financial and transition planning services, conflict mediation, veterinary diagnostic analysis, and more. They can be reached at 800-942-2474 or farmcenter@wisconsin.gov. More information on programs and services is available at <https://farmcenter.wi.gov>.

If you are experiencing increased stress, depression, anxiety, suicidal thoughts, or just need a welcoming ear to talk to, please contact the free and confidential 24/7 Wisconsin Farmer Wellness Helpline at 888-901-2558 for immediate support. In-person and tele-counseling sessions are also available by request.